

Hip Flexor Injury Home Exercise Program



Hip Flexion

Purpose of this exercise is to strengthen hip flexor muscles like iliopsoas.

Position in supine, one knee flexed and other leg extended. keeping your back neutral and not curving back for substitutions you will bring extended leg into hip flexion and repeat motion. Then switch legs.

Repeat 12 Times

Complete 4 Sets

Perform 3 Times a Week



Seated Hip Flexor Strengthening

* Engages the hip flexors past a 90-degree angle to strengthen the muscles throughout their range of motion.

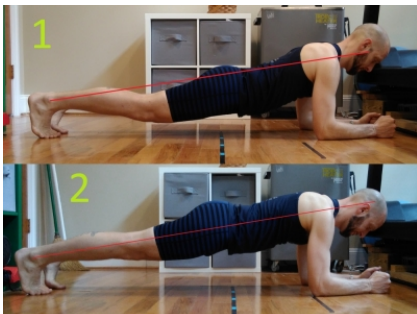
To Do: Sit with good posture. Raise your right knee up toward your chest, not letting your thigh roll in or out.

Repeat 10 Times

Complete 3 Sets

Hold 4 Seconds

Perform 3 Times a Week



Plank- hip extension to neutral

This exercise is aimed at activating/strengthening the hip flexors (iliopsoas) from the beginning of the range in hip extension to neutral, to improve tissue tolerance to eccentric lengthening at toe-off in the gait cycle.

1. Begin in a plank pose sagging the pelvis toward the floor, back arched.
2. Bring hips and pelvis to neutral creating a straight line through shoulders hips, and ankles.

Repeat 10 Times

Complete 2 Sets

Hold 3 Seconds

Perform 3 Times a Week

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Video # VVBVU5P69



Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 3 Times a Week

STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward. Video # VVZG9K99Y



Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.



Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Hip Flexor Stretch

Place one knee on the ground and place the other leg out in front of you with a bent knee. Keep your abdominal muscles tight as you stretch out the front of your hip.

Repeat 3 Times

Hold 30 Seconds

Perform 1 Times a Day